

February 1945

# Consumers' guide



When we assumed the soldier,  
we did not lay aside the citizen ..."

George Washington

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## The Purchase of Government Food

The WFA has recently issued a set-aside order to make sure that all chickens grown and processed in the Eastern Shore area are reserved for purchase by the Army Quartermaster Corps. Some consumers, particularly those living in the large urban centers along the Atlantic seaboard, have been inconvenienced by the order but they will be glad to know that chicken is going where it is needed—to the fighters in Army hospitals and service centers. Just as soon as the Army orders have been filled the WFA will reduce the set-aside or remove it—but not until. Relatives and friends of the fighting veterans would not want it, nor would any other thoughtful consumer.

This method of obtaining necessary food requirements for war purposes is no innovation. It has become the accepted method for the fair purchasing of Government food stocks. At times, such as during the present chicken supply situation, certain food shortages have been critical; at other times it has been difficult to handle in the normal way large supplies of perishable commodities. In both cases, emergency measures had to be taken to alleviate these situations in order to maintain the vital supply lines at all costs and to prevent undue waste of food.

The aim of the WFA, however, has been to avoid sudden emergency action whenever

possible by managing the food supply according to long-range programs of production, processing, allocation, and procurement. Farmers, food processors, and retail merchants have a right to know what is expected of them. And consumers have a right to know what they may expect in the way of restrictions on their buying and on the probable availability of essential foods. Therefore, ever since the war created new demands for all kinds of farm products, the WFA has tried to conduct its procurement of these essential supplies on a yearly basis, adjusting purchases as rapidly as possible to meet the changing tides of war.

One method of doing this has been the series of set-aside orders, requiring producers, processors, and distributors to reserve a certain percentage of their product for purchase by the War Food Administration, the Army Quartermaster Corps, and other official Government agencies.

Before Pearl Harbor, the Government was able to purchase all the foods needed by Army camps and the allies. But as civilian demand for food increased, it became more difficult for the Government to purchase its requirements. Food processors and distributors were willing to fill war orders, but no member of the food trade was willing to lose a part of his normal civilian market un-

less other members lost some of theirs, too.

By January of 1943 the set-aside method for purchasing Government supplies was developed. The first such order directed manufacturers of creamery butter to set aside 30 percent of their monthly production for direct war requirements and was made effective on February 1, 1943, the time when butter production normally begins to rise toward the seasonal May-June peak. The order was fair to the members of the food trade, since all, both large and small, were required to sell the same percentage to the Government; and it was fair to consumers throughout the country, since it protected the supply allocated to them and guaranteed a steady supply for them during the year. Of course, consumers cannot buy all the butter they would like to have, but at least they can purchase with ration stamps their fair share and they know that war needs are being met.

After the butter program was initiated, the WFA applied the same set-aside procedure to cheese, canned fruits and vegetables, meat, dried milk, and other essential foods. Up to the end of 1944 there were 127 War Food Orders issued and of these 18 orders could be classified as set-aside orders. Whenever the Government has purchased its full requirements, the set-aside is lifted. Thus, since the beginning of the purchase program 12 set-aside orders, covering fish oil, apples, citrus fruit, turkeys, and other commodities, have been terminated.

As the war progresses, new commodities may be placed under set-aside restrictions, others may be removed, still others may have changes in the percentage to be reserved. But I am sure that consumers will take future ups and downs in the food supply in the same cooperative spirit that they have taken the past fluctuations. They know that food has a vital part in bringing the war to an end. The set-aside method for getting food to the places where it is most needed is a fair one, requiring cooperation from all producers as well as from all consumers. It is the democratic method for sharing.

*The Editor*

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# "When I come home..."

**Men, women, and youth will be returning from battlefield, mill, and factory to take up the threads of family life again. All must adjust to the changes war has made in each one.**

Servicemen say they want to find things at home unchanged—that they want everything to be as they left it. But they don't.

Actually they want a better world, an idealized world. And it is this idealized world that marines, soldiers, seabees, and sailors on every battle front are fighting for. Servicemen want better jobs than they had before, they want more security, and they want more harmonious and satisfying relationships between themselves and the members of their families. They want to forget about fear.

This is what Mrs. Lydia A. Lynde, mother of a serviceman overseas and family life specialist of the USDA Extension Service, told the people of Rockingham County in Virginia recently. This rural area in the upper Shenandoah Valley had sent its full complement of young men to war, and men and women there, as in other parts of the country, had been thinking about helping their boys to make the emotional adjustments necessary when war occupations stop and the more humdrum jobs of peace begin. The people asked their home demonstration agent to get someone who could help them to consider and plan to meet some of the problems. Mrs. Lynde from the U. S. Department of Agriculture in Washington was the answer. She had a course planned which would solve many of their difficulties.

## Meeting a Crisis

Planned by family relation specialists of the Extension Service from 21 States and covering problems of everyone in the family, young or old, the self-solving problem method will eventually be brought by Mrs. Lynde to the 2,185 home demonstration workers in the United States. And these

workers will in turn teach it to more than one million home demonstration farm women club members everywhere. With such a beginning it is likely that this new recipe for meeting family troubles will not remain solely within rural boundaries, but will spread into city districts, as well.

## Emotional Disturbances Caused by War

Communities and families everywhere are aware of the emotional difficulties brought on or emphasized by war, but are unable, for the most part, to do anything concrete to correct them. Servicemen, for example, are returning from experiences that have shaken them not once but many times. They are

returning to an almost forgotten competitive world where clothes, food, medical care will no longer be furnished. Everything will be up to them. They will be on their own.

Many will find it difficult to make decisions, and may be annoyed with responsibility. Others may miss the companionship of fellow soldiers, and feel that their families and friends can never really understand what they have been through. A few will be disillusioned with home and family, finding anything but the perfection they pictured in their fox-hole dreams. Many men will return physically unchanged, but none will return with the same viewpoints they took away with them.

## But the Problems Aren't One-sided

Women who have been working may be reluctant to give up their jobs and take care of the household. Youngsters who have been earning money will miss it when they give up war jobs, and miss the feeling of freedom that money gave them. War brides may fear getting reacquainted with a changed husband. Young children with both mother and father at home but accustomed to being cared for by someone else, may feel a great insecurity due to confusion as to source of authority.



(Quotation on cover from Address by George Washington to the Provincial Congress of New York, June 26, 1775. The quotation is inscribed on the Memorial Amphitheater in Arlington National Cemetery.)

Harmony among adults gives a child security and happiness. In broken households grandparents and parent must objectively plan satisfactory financial arrangements, a time schedule for adults—especially providing mother with maximum time for her child, outside working hours—and talk over the child's régime and personality needs to prevent over-indulgence.



"Human happiness is never a matter of things," Mrs. Lynde tells communities that seek her aid. "It's a matter of progress. When you are static and lose that feeling of progress you lose happiness. You have to face the inevitability of change—which means the inevitability of new problems."

### Change Means Multiple Conflicts

If you have come home from a long trip you will know how the serviceman will feel upon returning. People say "You must tell us all about your trip!" but they don't listen when you start to tell them. Life has gone on without you, and the experiences at home which you have missed are more real to your family and friends than your past, far-away adventures. It takes you 4 or 5 weeks to become adjusted to the normal everyday affairs, and become part of the community again. How much longer it will take, then, for the adjustments of a soldier returning from Italy where his friends lie buried—or for a Marine back home, after 3 years, with memories of the terrible battles of Tarawa or Leyte!

The serviceman will discover that the thrill of getting home is continuously subsiding. He will be restless, and will find it difficult to settle down to anything. Hardened by war training, experiences, and hatred, he may feel that his family doesn't accept him.

And his wife, seeing him changed, may believe that he has lost interest in her. The children may be afraid of a strange and demanding father. The serviceman's parents may feel that the man is a hero and that the woman is at fault. All these conflicts and more lie at the heart of the problem, which, simplified, is: A semi-stranger returns to his family—a different person to a different family and a different community.

### No Haphazard Adjustment

The adjustments to be made will have to be thought out and planned. They can't just happen. Each family member must enter into the plan and consciously work toward satisfactory relationships among the home group, and with friends and the community. They should *expect* to get acquainted again; *expect* to find the man different and that he will find them different.

But more than this, they must think of helping the serviceman overcome the ill effects of his war experience and realize the possible benefits of his army life—his broader travel experience, his intimate associations with men of all kinds, and his tremendous war contribution. He should be encouraged to resume his normal civilian life as quickly and comfortably as possible. If his family has already become informed

about Army and community plans for employment, training, and education before he returns they will be that much better prepared to welcome him—and help him.

### Specific Things to Do

A wife who learns to analyze her problems and works toward happy relationships within the family group can interpret the father to the children so they will be less afraid. She can make a game of Army regulations which the father may have carried back with him from the battlefield into the home. They can read together about the lands and countries he has visited, and listen eagerly whenever he wants to talk but not pry into his experiences when he wants to keep silent. The wife and the children should give him time to adjust to home life, showing him affection, but not overdoing it—treating him naturally, not heroizing him. The family should take care not to press him to look for a job too soon, and to discuss employment only when he opens the subject. The wife can bring in old friends and accept the new ones he brings home, and serve the food he likes, both old and new.

If she is tactful she will not stress the deprivations or the pleasures of the family while he was away. And gradually she will help him to assume his civic responsibilities.

### Developing Self-Assurance

In making adjustment plans, white-haired, fresh-faced Mrs. Lynde believes people should remember that everyone requires the feeling that he is needed, and is important; that every person needs friends and should be shown how to cultivate friends; that every person has abilities which need to be *recognized*. Intangible abilities such as an easy disposition and a sense of humor should be appreciated along with tangible accomplishments such as talents and skills. "We all need to develop self-assurance which often comes from being able to do a certain thing well," she says. "But we also need to have a part in setting family goals, learning together to make decisions and plans. Children in the family must also participate, experiencing democracy right now, if they are to understand and to know as adults how democracy functions."

### Formulating Goals and Sharing a Common Purpose

For example, she relates that in a particular family of three children, the eldest son had contributed a substantial part to the family income and had done a full share of



the family chores. When he was drafted a family conference was called to see what could be worked out about cutting down expenses and taking on additional responsibilities. In the middle of the discussion 5-year old Dickie spoke up, "I don't need that wagon I've been talking about, the one like Joe's."

For weeks he had talked of nothing else but "When I get my big wagon." Now he said he didn't need it.

The father asked Mrs. Lynde whether or not they should buy the wagon for Dickie for his birthday.

"No," Mrs. Lynde said, "Dickie feels he has contributed something to the group, and he has. Don't spoil voluntary services." At 5, Dickie was helping to formulate family goals and experiencing the deep satisfaction of sharing with others in a common purpose.

"Goals are so important," Mrs. Lynde tells home demonstration workers. "Every person has them. If we misunderstand goals, resentments can creep into family relationships, because our relationships are made up of family feelings—sharing or not sharing."

#### Twenty-one Basic Problems

Home demonstration clubwomen such as those in Rockingham County are analyzing an outline of 21 hypothetical problems under the direction of home demonstration agents, and are learning through them to determine what their own particular troubles are—and what to do about them. The problems for study are divided into four categories: Adjustments Involving Returning Family Members, Adjustments of Women, Adjustments of Youth, and Adjustments of Children.

Under "Adjustments Involving Returning Family Members," for instance, is the study problem of the "honeymoon only" marriages. The problem concerns the triple readjustments required in family relationships of young men and women (inexperienced and unprepared to understand what marriage involves), who have decided that a short-time marriage would be better than no marriage at all. The solution lies in helping the bride and groom, as well as their parents, to understand that anything human is likely to be imperfect at times, and that a planned program put into practice while they are apart will establish a happy married life after the husband's return.

Another problem refers to the serviceman who comes home, and is not employed for an interlude. He has time on his hands and,

as a consequence, bitterly wonders if it was worth while to fight. This problem involves not only the man but his wife, his parents, his children, and his community. All must help in objectively planning for his return and assisting him to find congenial work.

Still another study regards the soldier who is mustered out because of a disability, and comes back to his wife and teen-age children. The answer to this difficult problem has a multiple-plan of action in order to give the children a normal environment, to make a satisfactory adjustment for the wife, to insure financial security for the family as well as to rehabilitate the husband.

#### Woman Returns to A Narrower Horizon

In the situations stemming from the adjustments of women, a problem arises when



When parents understand the changing problems of youth, they encourage family discussions, provide for growth of children's aptitudes through play, sharing, responsibility.

a mother gives up her job in industry and comes back to homemaking as a major occupation.

In this issue the family wants to help the mother adjust to the loss of personal income, the lack of companionship of other women, and the seeming monotony of the homemaking, peacetime routine in contrast with the excitement of her wartime job. All this may be very hard for her to do. But if the woman can be helped to retain her feeling of prestige, and discover that homemaking, child rearing, and assisting the family to develop democratically and happily are a greater challenge than outside work, then her adjustment will be made. An 8-point plan concretely lays the ground work for making this possible.

#### Strained Relationships with Youth

Among the adjustment-of-youth problems is the case of a young girl, dissatisfied with home and community life, who wants to go to the city to work, against her parents' wishes. The plan of action gives two alternatives—what to do if she goes, and what to do if she stays. Another one in this same category of youth adjustment, bears upon the boy who has been earning money, but is thrown out of a job and becomes dependent on the family again. He and others like him "gang" up and blame the Government, becoming anti-social. The solution includes plans for the participation of his brothers and sisters as well as his parents in helping him to overcome these anti-social beginnings.

#### Steps Toward a More Ideal World

Everyday questions such as these from wives and mothers, husbands and youngsters, come to home demonstration workers in every rural district. And the question that is asked more frequently than any other is: "What can we do when our serviceman comes home?" But now with this new service that Mrs. Lynde and her extension service workers are giving, farm families will be able to answer their own questions. They will be able to use the time from now until the war is finally won, in considering with the help of the best advice obtainable what to do and say in making the boys' desire for a better world more nearly realized—in turning change into progress.

# Service for Consumers



Clean, comfortable housing for war workers.



Part of a Public Health Service experiment.



Control of mosquitoes in marsh areas is furthered by the research work of the USDA.

## Many Government agencies are at work helping shoppers get best value for their money.

All American consumers are consumers of Government services. These services range all the way from information on how a housewife shopping for a family can get a full dollar's worth for each dollar spent, to constant inspection of thousands of commodities in order to assure the consumer a good-quality product, a fair package weight, and uncontaminated food. Many of these services operate without the consumer's being aware that he is serviced. Other Government services are available on request by the consumer. All of them work together to smooth the paths of trade between producer and purchaser.

In spite of the mechanical advances of our modern age, the three necessities for life are still food, clothing, and shelter. The most important of these is food. The War Food Administration is the agency in the Federal Government responsible for fulfilling this need. Through its various congressional and Presidential authorities, the WFA has developed programs for supplying enough food to meet both war and civilian needs. Readers of *Consumers' Guide* are already familiar with the tremendous job that has been done to guarantee production and distribution on a war scale. They know of the system for controlling and allocating foods so that civilians can be sure of finding enough of the essential commodities on the grocery counter; they know of the programs for providing lunch to school children and a mid-shift meal on the job to industrial workers.

But it is not enough to supply the market place. If consumers are to get real value for their food dollar they must be certain that the foods they buy are clean and free from disease and they must also know the ins and outs of careful quality shopping and careful food preparation to insure good nutrition. Making this possible are the inspection, grading, regulatory, and information services of WFA; latest research findings in nutrition and meal preparation made available by the Bureau of Human Nutrition and Home Eco-

nomics; the bulletins, radio programs, speeches, and press releases that come daily from the Department of Agriculture's and WFA's Office of Information; and the economic and historical statistics that are prepared by the Bureau of Agricultural Economics on a wide variety of subjects, ranging from farm prices and marketing costs to demand and supply.

The meat on the average American table was produced under goals established by the War Food Administration; it was inspected and graded for wholesomeness and quality by WFA's meat experts; it was distributed under WFA's allocation system; and it was probably prepared according to a bulletin of the Bureau of Human Nutrition and Home Economics. The back-yard garden provides more fresh, nutritious vegetables than formerly because of the research information the Victory gardener received from the Department.

### Holding the Line

Food—no matter how abundant or how scarce—cannot be bought unless the price the consumer has to pay for it is closely in line with the earnings in the consumer's pocket. Control over food prices as well as over the other two essentials of life—clothing and shelter—is provided chiefly through the Office of Price Administration. The consumer's rent, his clothing, his food bill, his fuel, his soap, his automobile and the tires for it, his cleaning and laundry service, and the tools for his garden—all have a ceiling price for the protection of his buying power and the buying power of millions of other Americans.

Where there are ceilings on goods, consumers are guarded against the profiteering, hoarding, manipulation, and speculation that easily arise in consumer goods during a war period. Rationing of scarce essential commodities is also a part of OPA's job of maintaining living standards by assuring each consumer a fair share of the Nation's supply.

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### Goods a

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But such a program cannot function to the good of all if some consumers neglect to check the prices they are asked to pay for food with the official price lists in their grocery stores, or hesitate to notify their local boards of a price violation. Although rationing may seem at times tedious and frustrating, it actually means the difference between all for some and some for all.

#### Goods and Services for Civilians

Although the principal concern of the War Production Board has been the fulfillment of requirements for war-important materials and supplies, it also protects insofar as possible the supply of essential consumer goods. To accomplish this it has an Office of Civilian Requirements which determines and evaluates civilian needs for strategic goods and carries out specific steps to satisfy these needs. The recent program for the production of certain classes of cotton clothing is an example of this phase of the Board's work.

Other war agencies affecting the well-being of consumers are the Office of Defense Transportation, which "assures maximum utilization of the domestic transportation facilities of the Nation for the successful prosecution of the war;" the Office of Economic Stabilization, which was established "to control . . . inflationary tendencies;" the Office of War Information, which tries to assure "an accurate and consistent flow of war information to the public and the world at large;" and the National Housing Agency, which in cooperation with other Federal Agencies "determines the need for housing for war workers." These organizations have the job of aiding and protecting the civilian at a time when so much of the attention of the Nation is turned toward the successful conclusion of the war.

When the war is over and the problems it created in the market place no longer exist, there will still be barriers between the producer and consumer that will require action on the part of some of the Federal agencies. For instance, new products will be distributed by drug manufacturers for sale throughout the country and it will be up to the Food and Drug Administration in the Federal Security Agency to examine applications for those new drugs to determine their safety for use before distribution is permitted. Tea will once more be imported in large quantities and the Food and Drug Administration will be responsible for seeing to its purity, quality, and fitness. Household ammonia and

lye will continue to carry poison labels and the work of removing harmful foods, drugs, and cosmetics from interstate commerce will always need to be done.

The Food and Drug Administration is responsible for five statutes—the Food, Drug and Cosmetic Act, the Tea Act, the Import Milk Act, the Filled Milk Act, and the Caustic Poison Act—designed to protect the retail purchaser of food, drugs, devices, and cosmetics from adulteration and false and/or misleading labeling. By its inspections, analyses, and court actions, it has helped to promote greater purity, more standard potency, and truthful and informative labeling for the essential commodities covered by these acts.

In the 38 years since enforcement of the first Pure Food and Drug Act began, consumers have been protected from countless harmful articles which the Food and Drug Administration has removed from retail trade. But the responsibility for wise purchasing still rests with the consumer. For it is still up to the buyer to *read labels*, and to understand thoroughly the warnings against misuse printed on the bottle of drugs, as well as the descriptions of foods and of the contents of containers. The label contains information for the consumer's safety, but the label can't do more than that unless the consumer uses it as a guide to protect himself.

Two other organizations within the Federal Security Agency—Public Health Service and United States Office of Education—are concerned with the welfare of consumers. Through its research in the causes and methods of the prevention and control of disease, and its wide dissemination of health information, the Public Health Service is promoting the physical well-being of all residents of the United States. Likewise, the Office of Education by its Nation-wide activities is advancing the mental well-being of the people.

Another agency that has continued to push forward its consumer work is the Federal Trade Commission, which is charged with the prevention of "unfair competitive practices . . . contrary to the public interest." Such practices include: false or misleading advertising of a food, drug, device, or cosmetic; price discriminations which might lessen fair competition; and exclusive dealing agreements among producers or distributors which tend to create a monopoly in any line of commerce. In other words, the commission through its rulings, investigations, and cease-and-desist orders is endeavoring

to guide the frequently confused and misled consumer through the complicated trade channels and to see to it that he gets a square deal. It is trying to prevent any market activity that would tend to reduce the supply of any commodity or increase the price.

There are, of course, still other services being offered by the various Federal agencies that directly affect consumers. They have all taken a forward step in the post-war challenge of more and better goods, at fairer prices, for more people. It is up to the consumer now to follow.



Fresh shrimp coming to shore for inspection.



Coffee is inspected by Food and Drug agents.



Beef gets USDA certifications for quality.



# More than a blueprint

**WFA system for selling Government food stocks is working now—with sales already amounting to \$24,000,000.**

As the biggest food arsenal for the United Nations, America is faced with a terrific problem in supply strategy. How to get the food when and where needed, in the quantities needed? How to deliver this food in good condition, with a minimum of loss?

War Food Administration is charged with the responsibility of procuring food to meet American lend-lease commitments. This food—enough to maintain the fighting strength of our allies—must be ready and waiting at secret ports where armed cargo ships slip in and pick it up. The ships' captains themselves often do not know the exact hour of sailing until it is almost at hand. It might be today or tomorrow or next week. War-time shipping schedules are, of necessity, shrouded in secrecy . . . in darkness.

But ample supplies of food to meet overseas war needs must be ready for loading at a moment's notice. Delay is perilous and costly in wartime when every moment counts, when ships are desperately needed and enemy agents are on a continual lookout.

Yet, while it's important to have ample food stocks on hand to meet foreseeable needs, hoarding of excess stocks would be wasteful and harmful to the war.

No patriotic civilian begrudges the small sacrifices of comfort necessary to winning the war. Yet housewives could justly complain if they were asked to curtail use of some of their food favorites, only to find that meat or butter or canned goods was being needlessly wasted. And food producers—farmers and processors—would be afraid to continue producing if they felt great surpluses were being piled up beyond actual war needs.

For this reason, the announced policy of War Food Administration is to keep its food stocks moving—to hold inventories down to a safe working margin.

Things happen fast in global war and with it the problem of meeting the urgent food needs of the United Nations. So, to avoid

piling up surpluses and to avoid spoilage yet always to have ample stocks of food ready to ship where needed, WFA must be continually in the market, buying and selling.

Stories of these food sales and purchases appear in the newspapers from time to time. Often it is just a bald statement that WFA is selling a lot of peas or buying eggs. Sometimes there are stories of spoilage of Government food stocks. Naturally, the housewife who reads these stories wonders what it's all about. Has somebody bungled? A glimpse behind the scenes will answer these natural questions.

## What About Those Spoiled Food Stocks?

Here the answer from WFA food records is reassuring. Ever since the start of the Government food purchase program, everything possible has been done to prevent needless waste.

Losses in WFA food stocks have been held to less than 2/100ths of 1 percent. Not

bad with food purchases in the amount of 5 to 8 million dollars a day!

That sounds pretty good even by a thrifty housewife's reckoning, as she remembers how, despite her best precautions, a small portion of the supplies she buys for her family sometimes spoils.

Even first-class storage facilities can't always withstand all the hazards of the weather. When the hurricane hit the Northeast coast last fall, for instance, it hit some Government stocks of pork and beans. Not long after that 109,735 cases of pork and beans were offered for sale by the War Food Administration.

This answers the question about waste in Government food stocks to the liking of a thrifty housewife. But one question leads to another. Why, if the pork-and-beans were off-condition, after the hurricane hit them, why weren't they destroyed? Why were they offered for sale?

## What Happens to Damaged Food Stocks?

No need to worry on that score. All damaged food stocks are carefully inspected to make sure that only those foods that are perfectly safe for human consumption will find their way onto grocery store shelves and restaurant tables. Nearly all of the pork and beans were edible. The contents of the cans were no worse for the wear.

Whenever there is any doubt about the food it is offering for sale, WFA takes every precaution to see that the damaged goods will not fall into the hands of unscrupulous speculators who might try to foist the goods



After the last war, surplus food came back from Europe and helped break the market. That won't happen again because now Uncle Sam is keeping inventories low.



onto the public as edible. This care extends to the last case and can of every lot.

Sometimes a lot of perishable food is judged unfit for human consumption. It's put on the market for salvage use. But if the bidder isn't known to be above suspicion and to have a legitimate use for the damaged food (such as for livestock feed or industrial alcohol) his bid may be refused or he may be required to post bond.

#### Does the Left Hand Know?

But only a small percentage of the canned goods that Uncle Sam offers for sale is off-condition. What's the sense of selling perfectly good canned peas and corn or dried prunes and then turning around and buying more? Sounds like unnecessary trouble and bookkeeping until you look into it.

But here again, the explanation is one that thrifty housewives could go along with 100 percent. In fact, it's applying wise household management maxims to large-scale Government operations: Don't keep food on the shelves too long; use up the old stock of canned goods first.

One reason that WFA food losses have been held so low is strict adherence to this policy of keeping stocks moving. It's necessary to keep working reserves on hand in various parts of the country, ready to ship at a moment's notice to meet requirements of our allies. These working stocks are held as low as possible. In fact, our working inventories have been cut down to about half what they were a year ago. Still, our allies must not be caught short. Sometimes the war suddenly moves in a different direction. That, or a change in the shipping situation, may mean that cargoes can't be picked up on schedule. So the crates and packages of food stand. But the warehouses full of perishable food stocks are not forgotten. WFA inspectors continually go over the stocks and clear out the older ones. This keeps the stocks fresh and usable.

That's why WFA sells good peas and beans and corn, and then a few months later—or perhaps right way—replaces said beans and peas and corn with new stock.

Last year's stock is still perfectly good food. It will still be good several months from now. But it just wouldn't be smart to put cans of last year's vegetable pack through the buffeting of a trip to Russia or to the South Pacific with, may be, stop-overs in between that could add up to a year of hard going. Why take a chance like that when there is plenty of new stock to be had?

And plenty of takers for the old stock, too?

This system of turning Government food stocks also is in good housewifely tradition. She always uses up her last year's batch of canned fruit before she starts on what she puts up this year. But living up to her name, the thrifty housewife may have one other thought about Government food stocks. Who is buying the food that WFA puts up for sale? Is anybody getting any "give-away" bargains?

The average housewife wants to be in on the bargains, if there are any. But most of all, she doesn't want any speculators getting rich.

#### WFA Food Sales Policy

Here again, WFA policy makes sense as far as the thrifty housewife is concerned.

Food is sold at ceiling prices, less allowance for sales expense and for the cost of assuring that the product is in good condition.

This policy protects the taxpayer's money. It also protects producers and distributors of food—because it means that the market won't be sent into a tail spin by the dumping of Government stocks. That happened after the last war. But we don't want it to happen again—the break in farm prices; the farm depression, followed by hard times for everybody.

Housewives agree with this policy. But many want to know in more detail about the way Uncle Sam handles sales of Government-owned foods. This is the answer.

Continual check is kept on Government food supplies, to see that working stocks are held at a minimum and are in tip-top condition. Whenever the inventory control system shows that more stock of a particular item is on hand than is required, the goods are offered for sale.

In most cases, the firms that sold the stock to the Government are best able to get it back into normal channels of distribution. So the goods are first offered to them. That's only fair because it's likely they had to scale down orders from their regular customers to meet Uncle Sam's needs. Also, they have the warehouses for handling it, and the sales organizations with the "know how." In this way the food gets back to American dinner tables through regular trade channels—without any upset in the market.

This common-sense plan for handling sales of Government-owned foods is the more impressive because the plan is actually in operation. WFA sales records show that



Ready for action! American cheese waits overseas shipment at an eastern port.

through November \$24,000,000 worth of food had already been resold to the trade. Of about a million cases of canned fruit and vegetables which the Government has sold, for instance, 52 percent went back to the original vendor. But what about the remaining 48 percent of canned goods that wasn't sold back to the original processor?

Competing processors are being called upon to take foods not bought by the original sellers—for the same reason that they are in the business and have channels for handling the food without upsetting the market.

Sometimes the manufacturer who originally sold the food to the Government has already supplied his customers' demands. Or he might have a new pack coming on and not have facilities for handling the extra stock. Or, as frequently happens, the canned goods might be offered for sale outside his trade territory—on the other side of the continent. No profit in shipping the cases of corn or peas all the way across the United States from Boston to San Francisco, or vice versa.

These two outlets—original processors and competing firms—have accounted for the bulk of sales. Seventy-five percent of the canned vegetables sold prior to November 15, 1944, for instance, went to original or competitive processors. But special cases call for special handling. As already explained, off-condition food is sold for industrial use or livestock feed, or for reprocessing into food once more.

The same principle applies to farm products purchased in price-support operations, as the purchases made from the record potato crop of 1943 illustrate. Under authorization of Congress, the War Food Administration was pledged to buy potatoes as a measure to support prices. To maintain a floor under prices it was necessary to buy more potatoes than Uncle Sam needed.

Obviously, the farmer would have no reason to buy back bushels and bushels of spuds later in the season. After the temporary market glut passed, after the harvest season, regular trade channels would be wanting more potatoes, but would not be able to absorb all of them.

Meanwhile, there just wasn't enough good commercial storage space for holding all the privately owned and Government stocks of potatoes indefinitely. So, to avoid spoilage and waste, WFA diverted quantities of low-grade potatoes for use in the manufacture of cornstarch and industrial alcohol—both vitally needed war products.

That was in 1943, the year of the record potato crop. In 1944 production of potatoes was down.

But production of eggs was up in 1944. In accordance with the law, WFA is continuing price-support operations and at the same time urging farmers to cut down their flocks so as to scale down egg production in line with demand.

Disposal of foods purchased under the price-support program is one of the big problems facing WFA. In the 6 months before November 15, 1944, for instance, egg sales accounted for over half of the receipts from sales of Government-owned food stocks. Recently the WFA announced that it was drying stocks of frozen eggs for export since sales of Government stocks of frozen eggs would interfere with the domestic frozen-egg market.

Meanwhile, housewives are being urged to use more eggs during the period of heavy production.

#### Consumer's Place in Government Food Sales

Consumers can help by buying foods that are seasonally abundant! Here is a specific job which housewives can do and so help Uncle Sam with his big job of handling food stocks to protect the interests of everybody—farmers, the food trade, taxpayers, and consumers.

As a matter of fact, average consumers today are buying more eggs than before the war. Probably they would use still more, if

the need to move them is clear, if prices are reasonable in relation to other foods, if they have the money. It all comes back to the question of jobs and wages.

WFA officials are frank in saying that a speedy reconversion period moving into an era of full production and full employment is essential for the solution of post-war agricultural problems. For this reason, WFA policy regarding sales of Government-owned food stocks is planned not to upset the farmer's prices or the food trade—nor to interfere with a quick but easy reconversion in farming and in business.

One last question troubles many housewives. They remember how big this war is, how much bigger than the first World War—with more men to feed and the additional food needed for lend-lease. What basis do WFA officials have for thinking that even the wisest handling of food stocks will make the change-over in farming and the food trades less painful this time than after World War I?

Previous questions, have already brought out some of the answers: Government food inventories are held to a minimum; excess stocks are now being sold back for distribution through regular trade channels; there will be no "bargain sales" to upset the market for food producers and dealers.

Besides the streamlined policy in handling sales of Government food stocks, a number of other factors favor the disposal of surplus

food after the war without severe dislocation of the markets or loss to the Government.

For one thing, destruction of agricultural resources in the war-ridden countries in World War II is expected to be much more widespread than it was in World War I—consequently the need for relief feeding in the immediate post-war period will be great.

For another thing, the war in the Pacific, will probably continue for some time after victory in Europe. So, while lend-lease purchases will taper off, the volume of military purchases will continue high. During this period, WFA will be able to further scale down inventories and industry will get a head start on reconversion.

Finally, Americans have learned from the experiences after the last war the importance of maintaining purchasing power—of finding outlets for the food that's produced.

We have price control to see prices don't get out of line. We have the School Lunch program. We have had experience in other surplus removal programs, such as the Stamp Plan. As a member of the United Nations, the United States has the opportunity to work on agreements for promoting world trade in farm products.

Congress and leaders in Government and in agriculture and industry will have an important part in deciding the direction these policies will take. But the final decision will be with the people themselves, as consumers, as producers, as citizens.



Mobile kitchens carry American food to places where it's needed in England. WFA buys food for lend-lease shipments—sells extra stocks when food needs change.

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Refrigerat

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February

# Make 'em last—longer—

**Household equipment must hold out to the war's end . . . and beyond. How are you doing your job of keeping it in fighting trim?**

In spite of what the rumor committee may tell you, there's little chance of replacing your home equipment in 1945. True, a very few ranges and electric irons have been manufactured recently. But demand is so huge that these are practically impossible to find in the stores.

According to WPB announcements, there will be very limited production of household equipment in the near future. When reconversion does come, it will take a while to get the products to market. This means, make what equipment you have last . . . longer!

Many dreamed-of post-war equipment models will be better than their predecessors, for even in the midst of war, some time has been given to research and planning for better products. War industry has developed new materials—better and cheaper alloys, new plastics. Most manufacturers, however, will probably first put out new editions of pre-war models—more striking designs will come later.

At the start of the war many "I'm-just-not-mechanically-minded" homemakers would frankly have rated themselves 4-F on any equipment repair squad. But Mrs. Consumer, as well as Mr. Consumer, has had to take over as "handy man around the house." With serious study of manufacturers' directions and home economics equipment leaflets—and plenty of elbow grease as well as lubricating oil—many a 4-F homemaker has earned promotion to 1-A.

So, after your 3 years' experience, how's your equipment I.Q., Mr. and Mrs. Consumer, when it comes to taking care of war worn appliances.

Check the best answer for each quiz question below—then turn the page and score yourself on your equipment know how.

## Refrigerators

1. To operate your mechanical refrigerator at the most efficient temperature:

- Set the control to the coldest point and keep it there most of the time.
- Set the control so that it will keep the

temperature at about 45° F. all the time.

2. Approved procedure for defrosting is to:

- Let the ice on the evaporator (freezing unit) get thick—then hack it off occasionally with a good sharp tool.

- Remove ice (before 1/4 inch thick) by setting control to "off" or "defrost."

3. If an electric refrigerator runs more than a third of the time under average kitchen conditions, or if a gas or kerosene refrigerator uses more fuel than you think it should:

- Check the hinges and gasket (rubber seal around the door) to be sure that warm air is not leaking into the cabinet.

- Don't defrost so often—the more frost on the evaporator the better, as this shows it is keeping the box colder.

## Irons

1. When you have to stop ironing to answer the telephone or doorbell:

- Disconnect iron.
- Leave iron on to save reheating.

2. After using an iron:

- Scrub right away in water to be sure iron is clean.

- Let iron cool. Then clean, only if it needs cleaning, by wiping with a damp cloth and rubbing dry.

3. When storing an iron with attached cord:

- Wait until iron is cool before coiling cord around the handle.
- Wrap cord around handle of hot iron if you're in a hurry.



## Washing Machines

1. If the washer has been standing in a cold place, before you start washing:

- Warm the machine slowly by letting it stand in a warm room for a few hours, or letting the tub stand full of warm water for an hour before washing begins.

- Warm the machine quickly by pouring hot water into the tub.

2. When you wring clothes dry:

- Set the pressure as tight as possible.

Keep it that way during and after washing.

- Adjust wringer to load, releasing pressure after you finish wringing.

3. When you oil your washing machine:

- Oil all moving parts, including rubber parts, generously.

- Follow special directions for your washing machine—some require more oiling than others.



## Ranges

1. Many modern ranges have a porcelain enamel surface which:

- Is tough enough to withstand hard knocks and sudden temperature changes.

- Is resistant to blows or temperature shocks, but not entirely proof against them.

2. To clean out openings in gas burners, the best tool is:

- A toothpick.
- A fine wire.

3. If food spills on electric surface units:

- Let it char. Then when the unit is cool, brush off particles.

- Use soda and soapsuds to clean the unit before food cools and sticks.

## Vacuum Cleaners

1. The nozzle on the vacuum cleaner:

- Should be adjusted so the suction does not pull the carpet up against the cleaner nozzle when the motor starts.

- Should be adjusted so it just allows a coin to slide between cleaner and rug.

2. If there are pins, other metal objects, string or large pieces of paper on the carpet:

- Pick them up before you run the cleaner.

- Let the cleaner pick them up as it runs.

3. The bag that holds the dirt on the vacuum cleaner:

- Should be emptied only about once a month and given a good washing.

- Should be emptied after each general cleaning.



## WHAT'S YOUR SCORE?

Answers to quiz questions on page 11 are listed below plus brief reasons *why* for Right and Wrong.

If you answer 12 or more questions correctly, you are in the 1-A class. Less than 8—well . . . still 4-F.



### Refrigerators

1. (b), *Right*. About 45° F. is the recommended temperature. Except for the freezing compartment, no place in the refrigerator need be colder than 40° F. nor higher than 50°.

(a), *Wrong*. Keeping the control at the coldest point gives the refrigerator unnecessary work and may freeze foods.

2. (b), *Right*. If you put off defrosting too long, thick frost (over 1/4 inch) makes freezing take longer, the motor work harder.

(a), *Wrong*. A sharp tool may scratch the finish or even puncture coils that hold the freezing fluid. Ice should be removed only by melting.

3. (a), *Right*. To check for leaks in a gasket, close the door on a piece of ordinary wrapping paper about the size and thickness of a dollar bill. If the paper pulls out easily, the gasket is not tight enough to keep out warm air. This might be the fault of the door. Try tightening the hinges to make it fit more snugly, and make the test again. If air still passes between refrigerator frame and door, get a new gasket if possible. Guard the gasket by wiping off any spilled food or grease immediately. Hands off the gasket! Oil and moisture are harmful.

(b), *Wrong*. Instead of making things colder, thick frost acts as an insulator.

### Irons

1. (a), *Right*. When ironing is interrupted, disconnect the iron to save iron and current—you may be away longer than you think.

(b), *Wrong*. Most irons heat quickly. Overheating is a fire hazard, wastes current, and is hard on the heating element.

2. (b), *Right*. And you can remove starch spots if necessary by rubbing lightly with a cloth wrung from soapsuds, or with grade 00 steel wool or a mild scouring powder.

(a), *Wrong*. Putting an iron in water

may damage the heating element and rust the metal.

3. (a), *Right*.

(b), *Wrong*. Touching cord with a hot iron may injure cord covering and insulation.

### Washing Machines

1. (a), *Right*. Oil or grease in a very cold electric or engine-driven machine may be too stiff to lubricate the mechanism for some time after it starts running. A gradual warm-up is needed.

(b), *Wrong*. Never pour hot water into a very cold porcelain tub. Sudden changes in temperature may crack enamel.

2. (b), *Right*. Protect the wringer by adjusting pressure to thickness of clothes. Too heavy a load may lock the rolls and even strip the gears.

(a), *Wrong*. Too much pressure strains clothes, wringer, and motor. When you finish wringing, release the pressure to avoid flattening of wringer rollers.

3. (b), *Right*. Manufacturer's directions usually tell when, where, and how to oil the machine.

(a), *Wrong*. Oil softens and ruins rubber. If it does get on rubber, remove as soon as possible, with soap and water and dry with a soft cloth.

### Ranges

1. (b), *Right*.

(a), *Wrong*. Though hard, the porcelain that protects the steel beneath may break with sudden temperature changes, or with hard blows. Once it's chipped, the damage can't be undone. Don't wipe up spills on a hot range with a cold, damp cloth, or let cold liquids spill on the hot range, or set cold, wet things on it. For immediate clean-ups use a dry cloth or soft paper, or if necessary, a cloth wrung from warm water.

2. (b), *Right*. If openings in gas burners are clogged, use a fine wire to clean them. To clean off food or dust particles use a stiff brush. Clean the pilot-light porthole with a fine wire carefully inserted. Use a soft wire brush on top burner pilots.

(a), *Wrong*. Toothpicks may break and further clog the burner.

3. (a), *Right*. Brush off charred, cool particles with a nonmetallic-bristle brush. If needed, enclosed units may then be washed off. Be especially careful not to touch wires of open units with any metal object when the current is on.

(b), *Wrong*. Soda and soap, along with two other S's—salt and sugar—are especially harmful to wires of an open unit. Be careful to keep these 4 S's off the coils; they may burn out the wires.



### Vacuum Cleaners

1. (b), *Right*. For a straight-suction cleaner with adjustable nozzle, the nozzle should be raised just high enough so that a quarter slides easily between cleaner and rug. On a cleaner with a motor-driven rotating brush, adjust to thickness of a half dollar. A nozzle that doesn't adjust automatically can be adjusted by holding the handle of the cleaner as you do when cleaning, then raising or lowering the nozzle by stepping on a pedal or turning a small wheel adjuster at the side of the nozzle, as the case may be.

(a), *Wrong*. If suction is weak, you will not get a good seal with the rug.

2. (a), *Right*.

(b), *Wrong*. Pins, hairpins, or other stray bits of metal can cut the belt and nick or bend the fan. String may wind around the rotating brush and cut the belt.

3. (b), *Right*. Empty the dirt container after each general cleaning—more often if it fills quickly. One good way is to take the bag carefully from the cleaner and empty by shaking gently with its opening down, on a large sheet of paper. Turn the cloth bag inside out every 2 or 3 weeks and give the inside a thorough brushing with a stiff brush. Be careful not to puncture the bag.

(a), *Wrong*. The bag should never be washed—it is especially treated to act as a filter.

### PLEASE NOTE!

For additional helpful suggestions, send for free copies of the following folders prepared by the Bureau of Human Nutrition and Home Economics:

"How to make your REFRIGERATOR last longer"

"How to make your WASHING MACHINE last longer"

"How to make your IRONING EQUIPMENT last longer"

"How to make your GAS or ELECTRIC RANGE last longer"

"Take care of VACUUM CLEANERS and CARPET SWEEPERS"

"How to make your ELECTRIC CORDS last longer"

Address Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

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February

# Come and get it — down under

All the best minds seem to be pondering over post-war plans for G. I. Joe. Congress debates his bill of rights, chambers of commerce make job surveys for him, universities plan classes to train him for a civilian job. Psychologists warn family and friends that he will be different and advise how he should be treated, but no one seems to have thought that his taste in food may have changed. And word has reached us that it has. If you doubt this, drop into any small foreign restaurant some evening soon. Chances are that more than half the patrons will be in uniform, and most of them with service ribbons on their chests that tell of journeys to far away places. It's not that they've gotten over their love for home cooking. For long months they were homesick for it and they still love it, but now they like other things too.

After the returned hero has had all the hamburgers he can eat, has washed down slabs of Mom's apple pie with quarts and quarts of fresh milk, he may, if he was in Australia long, look restlessly around and say how he'd like a cup of good hot billy. And this, alas, you cannot give him. For "Billy" is short for billy tea, and billy tea is an Australian specialty—strong boiled tea made outdoors over a fire of gum tree leaves. The pungent, bitter aroma from the burning leaves adds an inimitable and (we hear) never-to-be-forgotten tang to the brew.

● But even when they can't get "billy" more and more of our men in Australia like their tea. Marjory Hendricks, former Red Cross canteen director near Brisbane, says canteens had to be changed to add tea-making equipment to their standard coffee and milk dispensers. The Aussies like their tea with every meal and two or three times in between, so it's no wonder that after a few months of exposure to such enthusiasm many of our men have taken up the custom, too.

So if you want to please your Joe, forget about those handy little tea bags. Get an earthenware tea pot and start practicing on how to make real tea. Your tea drinker will add milk and sugar to taste, and perhaps mumble something about how fine a plate of hot scones used to taste at just this point.



● Well, so what? You can make scones. They're just baking powder biscuit with a pastry accent, you might say! See the basic recipe on page 14. Australians modify this in various ways. The one that Americans are said to like best is the Pumpkin Scone. To make this add 1/2 cup mashed pumpkin and one egg to the basic recipe, and reduce the amount of milk if necessary.

Tea and scones aren't the only things your Joe has learned to like during his stay "Down Under." Steak-and-eggs is a prime favorite—almost as popular as the hamburger is here. It's usually a steak 3/4 inch thick, fried medium, with a fried egg, sunny-side-up, on top of it. Simple, but apparently very special, and a food duet we Americans never thought of. Fish, crayfish and oysters are in the markets and on menus all year 'round. The Australian—stout fella—doesn't believe any folklore about R-months. He has his curried oysters, his fish-and-oyster pie, whenever he feels like it. GI's approve this practice, though they don't go for some other Aussie preferences such as boiled bacon, stewed liver, or banana soup.

Vegetables in Australia are the same varieties as ours, with a few exceptions. Silver leaf turns out to be something like plain old spinach, and marrow is a sort of long acorn squash. Stories about the size of the familiar vegetables sound like "tall tales"—beets and carrots weighing 3 to 4 pounds apiece, onions almost as large, which can be peeled and chopped without tears, heads of wonderfully green crisp lettuce larger than any we ever see here. Some combinations of fruits and vegetables are unfamiliar to us, and the boys have learned to like them and ask for them at the canteen. One is a salad made

of slices of giant, vine-ripened tomatoes and wedges of the famous supersweet Queensland pineapples. This is served on lettuce either without salad dressing, or with what we call boiled dressing or with sweet cream.

Australia is very short on fats and oils just now, so mayonnaise and French dressing are out. Incidentally, Australian civilians are rationed to 6 ounces of butter per person per week and to about 2 1/2 pounds of the better cuts of meat per month—exclusive of minced beef and butcher's small goods. The last-named is the Aussie term for what we call variety meats or edible organs—brains, liver, heart, kidneys, sweetbreads, and tripe. Our men prefer beef down there, just as they do here. In that respect their taste hasn't changed. So U. S. Army requirements for beef under reverse lend-lease have left the civilians with 2 1/2 pounds per month.

● If your soldier has dined in any of the friendly Australian homes—and 10 to 1 he has—he probably has not had beef there unless it was in some dish like Scotch collops, or curry, or combined with some of the butcher's small goods such as steak-and-kidney pie or oxtail-and-kidney stew. He may have had what the Aussies call fried chicken and been disappointed at first because it looked more like what he'd thought was chicken fricassee. But when he tasted it he probably thought it was swell—not a bad way at all to fix up a chicken. To see how it is prepared turn to page 14.

And if he was lucky enough to be asked to a turkey dinner, he may have noticed and remembered to tell you that an Australian turkey is roasted with its liver under one wing and its gizzard under the other. No one seems to know why.

Thousands of our men have spent months in hospitable Australia—learned to like many "Aussie" dishes. Here are a few

#### SCONES

8 ounces flour  
1/2 teaspoon salt  
4 level teaspoons baking powder

1 ounce butter  
1/2 to 2/3 cup milk

Cut butter into the sifted dry ingredients until the consistency is similar to that of breadcrumbs. Sprinkle in the liquid (milk, or egg and milk) and combine quickly by tossing the ingredients with a knife. Turn out onto slightly floured board. Roll out, shape, brush over surface with milk or with egg and milk. Bake on a floured pan in a very hot oven (450° F.), 10 to 15 minutes. Yields 16 scones, 2 to 2½ inches in diameter.

#### SCOTCH COLLOPS

1½ pound steak, minced  
finely  
1 teaspoon salt  
Shake of pepper  
¼ cup stock

½ ounce flour  
1 small onion, finely  
chopped  
½ ounce butter or  
drippings

Combine meat, flour, and seasonings and lightly brown in the heated fat while stirring constantly. Add water and onion and simmer for ½ hour. Stir occasionally to prevent formation of lumps. Season and serve with grilled bacon or poached eggs for breakfast or lunch. Six to eight servings.

#### FRIED CHICKEN--AUSTRALIAN STYLE

Chicken--jointed  
2 onions, sliced  
4 tablespoons tomato sauce  
Herbs, pepper, salt  
1 cup brown gravy

6 button mushrooms  
1 teaspoon chopped  
parsley  
1 ounce butter

If the chicken is uncooked, toss it lightly in a pan with butter and onions until lightly browned. Add other ingredients and simmer gently for 1 hour or longer until the chicken is tender. Garnish with cut lemon and serve with new potatoes.

#### STEAK-AND-KIDNEY PIE

1½ pound rump steak, cut  
in 1-inch cubes  
4 sheep kidneys chopped  
1 medium onion, chopped  
Stock

Flaky pastry  
1 teaspoon salt  
½ teaspoon pepper  
1 ounce flour

Dredge meat with seasoned flour and place in pie-dish with onion. Add stock to half fill the dish. cover with pastry, and bake in very hot oven (450° to 500° F.) for 10 minutes, then reduce heat to 330° F. and bake 1½ hours or until meat is tender. Four to six servings.

#### CURRY FOUNDATION

1 apple, chopped  
1 onion, chopped  
1 ounce raisins or  
sultanas  
3 cloves  
½ lemon, juice and rind  
½ pint stock  
½ teaspoon salt  
½ ounce flour  
Few grains Cayenne

1 tablespoon coconut  
1 tablespoon curry  
powder  
1 dessertspoon plum  
jam  
1 dessertspoon chut-  
ney (if not  
served later)  
1 ounce butter or  
drippings

Heat butter or drippings in saucepan, brown the apple and onion. Add flour and curry and stir well. Gradually add stock while stirring. Heat to boiling point, add remaining ingredients, and simmer for half an hour.

#### OXTAIL-AND-KIDNEY STEW

1 oxtail, cut in pieces  
6 sheep kidneys, skinned  
and halved  
1 teaspoon salt  
½ teaspoon pepper  
1 pint stock

1 ounce drippings  
1 ounce flour  
1 large onion, diced  
1 carrot, diced  
½ turnip, diced  
1 stick celery, diced

Trim fat from tail and kidneys, roll in seasoned flour and brown in heated drippings. Brown onion and vegetables in drippings also. Place meat in a saucepan, add stock and heat. Simmer for ¾ hour. Add the browned vegetables 1 hour before serving. Thicken liquid with brown flour, season, and serve with parsley garnish. Six servings.

All recipes from Whitcombe's Everyday Cookery for Australia



# CG news letter

last minute reports

from U. S. Government Agencies

Maybe you have had a time finding all the diaper cloth needed in your household, but a recent report from the WPB's Office of Civilian Requirements states that infants during 1944 had 10 yards more diaper cloth available to them than infants in 1939. The OCR pointed out that the 93 percent increase in total yardage balanced against a 31-percent population increase in the age range up to 2 years allowed about 40 percent more diaper material for each child. In spite of this increased production retail stores have not been able to maintain normal stocks. Since production is already up to the limit of available facilities, OCR said that efforts will be renewed to assure fair distribution by communities.

**Enough material will be available in 1945** to produce 140,000 household electric ranges. However, production will be authorized only to the extent that manufacturers have the labor and facilities without interfering with essential war work. Seven manufacturers have already agreed to produce the new ranges at January 1942 prices and the OPA has informed other manufacturers that ceiling prices for all domestic ranges will generally remain at the 1942 level.

**It is even more important,** now that red points are necessary to purchase about 85 percent of the meat supply on the civilian market, that consumers look for the grade stamp on dressed carcasses of beef, veal, lamb, and mutton. The new regulation issued by OPA, in order to protect consumers against money and ration point overcharges, requires that the grade marks appear at least every 2 inches. These grade marks provide the consumer with an easy means of identifying the quality of meat and checking the retail price. In New York City, for example, the highest retail price for a pound of Grade AA (Choice) T-bone steak is 55 cents while for Grade C (Utility) it is 37 cents.

**Results of WPB action allowing** manufacturers enough aluminum to make 630,000 pressure canners between October 1944 and July 1945 are just beginning to trickle into local stores. Most of the canners will be either the small size, holding 7 quart jars, or the large size holding 14 quart jars. Each is equipped not only with a rack to hold jars in canning but also with three inset pans. All have price ceilings.

**Substantial savings to consumers** are expected to result from recent OPA action reducing the retail price of many brands of Eastern grape wine and fruit and berry wine. Flat prices were established in October 1943 for California grape wines. Thus, dollar-and-cent prices are provided for all

kinds and types of domestic wine sold in bulk except Eastern regional grape wines, which will be priced by special application.

**Consumers residing in the cities** and towns of the far southeastern part of the country and the central western section surrounding the poultry production areas in Arkansas, Missouri, and Oklahoma must expect to find fewer chickens on sale in their markets and fewer served in public eating places. This is because the 100 percent chicken set-aside order, effective in mid-December 1944, for the Del-Mar-Va and Shenandoah Valley areas has been extended to include 7 Georgia counties and 16 counties in Arkansas, Missouri, and Oklahoma.

**Coffee drinkers need have no fear** about their favorite brew since a report from WFA states that the coffee supply position of the U. S. has improved materially in the last 2 months. As of January 1, there was from 3 to 4 months' supply of coffee actually in the country, and in addition substantial quantities were afloat and awaiting shipment during the early months of 1945.

**If you buy costume jewelry,** souvenirs, and other novelties containing tin you are unwittingly participating in a thriving black market, which is depriving manufacturers of the limited supply of primary tin for production of war-essential bronzes, solders, and tinfoil. When 90 percent of the U. S. requirements for this product was cut off by Japanese occupation of the Far East it was necessary for the WPB in April 1942 to impose rigid restrictions on its use. Despite this, illicit users have been draining the Nation's stockpile for the profitable production of nonessential civilian goods. Under an amended WPB order, no article on the designated list, including jewelry, trophies, art specialties, snap fasteners, and refrigerator trays and shelves, which contains primary tin can be received from manufacturers for resale purposes. Furthermore, these articles may not be sold by retailers after March 1, 1945, unless they have written permission from the WPB.

**Maximum prices have been set** for sale by manufacturers, wholesalers, and retailers of the newly authorized war model balloon-tire bicycles and war model folding bicycles. In the Eastern States, for instance, a lightweight folding bicycle without headlights should sell at retail for \$41.75, while a balloon-tire conventional bicycle should sell at \$34.75. In the Midwest area prices are about \$1.00 higher, and in the Western zone \$2.00 higher. These new dollar-and-cent prices are in line with March 1942 prices.

**From the Bureau of Labor Statistics** comes the good news that through the coopera-

tion of consumers, producers, and Government, prices rose less in 1944 than in any year since the United States entered the war. Retail prices of family living essentials rose 2 percent in 1944 and prices in primary markets rose 1 1/2 percent. This advance was smaller than in 1943 and compares with a 10-percent increase in retail prices and a 17-percent increase in wholesale prices between December 1940 and December 1941, the period of greatest increase. Consumers paid about the same amount for a market basket of food in late 1944 as they did at the end of 1943, and rents, fuel prices, and utility rates were about the same. However, clothing costs for workers' families were at least 5 percent more, as cheaper merchandise disappeared from store shelves and scarcities of certain kinds of cotton clothing were quite general. House furnishings, also limited in supply, were 11 percent higher in price, on the average.

**In spite of these increases,** the pressure of inflation has been held at a minimum. The general stability of prices is especially noteworthy in view of the rise in money incomes, which is at an all-time peak. In general, consumers have put their earnings into war bonds and savings accounts.

## CONSUMER CALENDAR

—As of February 1

**Processed Foods**—Blue stamps X-5 through Z-5, and A-2 through L-2, valid for 10 points each. New stamps become valid March 1.

**Rationed Meats, Fats, etc.**—Red Stamps Q-5 through Z-5, and A-2, valid for 10 points each. New stamps become valid March 4. Red tokens may be used as change.

**Sugar**—Stamps 34 and 35, good for 5 pounds of sugar. New stamp becomes valid May 1.

**Shoes**—Airplane stamps 1, 2, and 3, valid indefinitely.

**Fuel Oil**—Period 4 and 5 of last season's coupons remain valid throughout the heating season. Period 1, 2, 3, 4, and 5 coupons, good in the South. Period 1, 2, and 3 coupons, now good in all other areas, and Period 4 coupons become good on February 5. In the Midwest, Period 5 coupons also become good on February 5.

**Gasoline**—Coupon 14-A, good in all areas for 4 gallons, valid through March 21.

**Fat Salvage**—Every pound of waste kitchen fat is worth two red points and 4 cents.

# GUIDE POSTS

## If It's Easy, It's Right

Time and energy trimmers in housework have recently been brought out by USDA extension specialists. Women who dust with both hands win hands down in chair-dusting relays with one-handed dusters. Biscuits made square instead of round save 40 motions. Long-handled dusters, dust pans, bath-tub brushes save stooping. And with housework, Mary May Miller, University of Minnesota extension specialist says, "If it's hard, it's wrong." Most women bend to pick up babies, heavy objects. To lessen fatigue and save energy, they should keep backs straight, and squat to lift, thus saving the weaker back muscles.



## How Cold is Ice Cold?

Icy ice may be all right for bunkers in refrigerator cars, but it has to be warmed up to be safe for application to packages or for top-icing of vegetables on their way to market, according to D. F. Fisher of the USDA. Lettuce and endive freeze at about 31° F.; carrots, peas, and other vegetables at about 30°. And when they are top-iced with ice that comes from freezing tanks of an ice factory or cold-storage room, vegetables may get their toes and cheeks frost-nipped, for the ice blocks are much colder than freezing. To keep this cold ice from injuring the vegetables, it needs to be warmed up nearly to the melting point.

## February Thaw

February is the month of lace-filled hearts, patriotic birthdays, and new spring hats. But it is also the month when many Americans are thumbing through the seed catalog planning Victory Gardens. This year there is as great a need as in the last 2 years for more individual garden plots. But it won't take much urging to get gardens started. Americans have the Victory Garden habit;

they like to see things growing and they like to grow their own. Hospitals are taking a tip from these Victory Garden enthusiasts by using gardening as a healing means of rehabilitating disabled veterans.



## Say it with Eggs

In Arkansas when you're eating well and richly they say you're eating "high up on the hog;" in Utah it's "having sugar in the tea." But no matter which way you say it, you're living off "the fat of the land" when you eat eggs. Eggs are full of protein, minerals, vitamins A and D—a nearly perfect food. And an excellent food for those who count calories.

Good consumers feed their families Grade B eggs knowing that by this choice they aren't getting lower nutritious quality—only lower cost. The main difference between the A and B grades is that the yolk of a Grade B egg is apt to be a little flatter than that of a Grade A egg and the white is likely to run. Because of their fragility Grade B eggs do not poach or fry well. But remember, a new egg is not always a fresh egg. A day-old egg in a warm room may be older than a scientifically refrigerated egg 6 months old.

And for beauty addicts, the white of eggs makes a good facial mask. It serves as a mild astringent.



## Pork Preferred

Most Americans' penchant for beef would lead the casual observer to believe that we are a nation of beef-eaters. However, figures prove that pork ordinarily makes up more than half of the meat eaten in the U. S. But this year less pork will be available than in

1944. So, more than ever, consumers will want to get the full value out of pork, their most popular meat.

USDA food specialists say that the best method for cooking pork requires moderate temperatures. Hams, shoulders, and loins have enough fat on the outside to baste the lean meat, and so do not dry out when roasted fat-side-up at moderate temperature (in open pans) without added water. To prevent chops from resembling chips, cover closely after browning and cook with moderate heat.



## Wax in Time Saves Nine

Before the advent of bobby socks for college girls, co-eds rubbed paraffin or piece of candle on the toes and heels of the silk hose to add longer wear. Now the practice is popular again, but with cotton and rayon stockings. Even men prefer waxed heels to darns. Textile specialists of the USDA have found as a result of experiment that stocking feet, lightly waxed, will wear four times as long as those that have not been so treated. Stockings laundered four times in mild suds still retain enough wax to give about twice as much wear as those unwaxed. If too much wax is applied after each laundering, hose become dark and discolored with wear.

## A Halt in Clothing Prices

OPA says there will be no more overfinishing of cotton and rayon textiles. This alone will save consumers \$60,000,000.

## LISTEN TO CONSUMER TIME

Every Saturday—Coast to Coast

over N. B. C. 12:15 p. m. EWT

11:15 a. m. CWT

10:15 a. m. MWT

9:15 a. m. PWT

Dramatizations, interviews, questions and answers on consumer problems. Tune in. Brought to you by the

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